

# THE PATHWAY

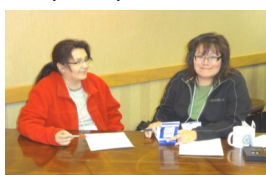
Newsletter of  
Ishaawin Counselling Centre

March 2013

A Ministry of RISING ABOVE ABUSE COUNSELLING AGENCY

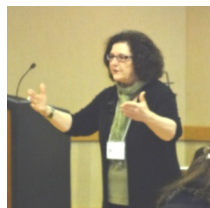
## Grief and Loss Workshop

The Ishaawin placement students of Oshki-Pimache-O-Win school, Amy Winter and Naomi Chikane, did an absolutely incredible job of arranging and implementing the two-day workshop held on March 5 & 6, 2013. Some comments from the participants include: *"it helped me to dig up some stuff"*



*"it helped me to help others in a meaningful way"*  
*"sharing circle was really something, it felt good to share".*

We received 34 registrations from various agencies around the city, a few Lakehead University Social Work students, plus several people, including front line workers, came from some of our northern communities.



The workshop began Tuesday morning with Claudia Otto, one of the professors at Oshki, who presented "The Journey Through the Cycle of Grief" and provided a lot of excellent information on grief, including the effects and symptoms of grief, ways to deal with grief and how to help

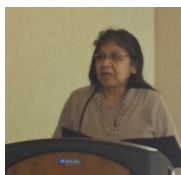
others with their grief.

The afternoon continued with another of the professors from Oshki, Ron Kanutski, who talked about "Using Your Power to Work Through Grief". He was a wonderful and absolutely hilarious storyteller as he told us about his family and some of his experiences with grief throughout his life. He brought a walking stick with feathers that has been in his family for many years and represents members of his

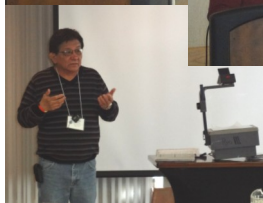


family that have passed. He also brought several herbs and explained their effects and how they can help us with our grief.

Wednesday was quite a bit heavier as Morley and Reta Beardy shared with us their experiences and their hearts as they talked about their daughter who committed suicide eight years ago. Lucy Kakegamic, Morley's



sister, also shared how she was affected by the loss of her favourite niece. We were left with heavy hearts when we went for lunch that day, but the afternoon brought us relief as Claudia and Reta facilitated a sharing circle. Twenty-one of us sat in the circle and everyone shared how the workshop impacted them; a few even shared painful experiences in their lives for the very first time.



Both days we were truly blessed by music provided by Jo-Anne Minor and Gini Thompson who sang worship to God and ministered to our hearts.

The students worked very hard between their placements from January to March and raised the funds that paid for all the expenses incurred by this workshop, so all the registrations came directly to Ishaawin in the amount of \$2,200! We are so thankful to Amy and Naomi for all their hard work and determination and we are also so grateful for the presenters who donated their time to this workshop.



## Annual Partners Breakfast

Theme **"SEASONS"**

**Sat. April 27, 9:00 a.m.**

Current River Community Centre  
450 Dewe Avenue, Thunder Bay

For Reservations Contact:

ishaawin@risingabove.ca 807-622-5790

**PLAN NOW AND JOIN US!**

Hear what God is doing...

Share in the vision...

Participate in the ministry...

**Music by:**

**Gini Thompson & Joanne Minor**



## Needs and Prayer Requests

- ◆ We are a faith-based ministry and don't receive funding from Government sources. We depend upon God and his people for financial resources. Pray for ongoing financial support, particularly regular monthly supporters to carry the ministry;
- ◆ Please pray for Liz as she has completely devoted herself to care for both her parents; her father continues to battle cancer and her mother also has continuing health concerns;
- ◆ The two desk top computers here are extremely dated — if you have a newer computer (laptop or desktop) that you are not using and would like to get rid of, please contact Gini;
- ◆ Most importantly, we need people to regularly pray for the work of Ishaawin and there are a couple of options available:
  - ◆ We pray every Monday at 1:30pm here at Ishaawin — if you are interested in participating, please stop by;
  - ◆ If you would like to receive regular emails of prayer requests, please email [gini.ishaawin@risingabove.ca](mailto:gini.ishaawin@risingabove.ca).

## OPPORTUNITIES

**STAFF:** Ishaawin is seeking to fill ministry positions of: **Director; Counsellor.** Inquiries should contact Terry Martin at the Rising Above head office: 204-388-5408. [terry@risingabove.ca](mailto:terry@risingabove.ca).

**VOLUNTEERS:** Ishaawin is seeking volunteers for receptionists. Hours needing coverage are Mon.– Fri. 1-4 pm. Number of hours is flexible— as little as one day is welcome. Contact Gini 807-622-5790.

## Financial Update

### Summary of Operating Revenue and Expenses to December 31, 2012

|                                   |                 |
|-----------------------------------|-----------------|
| <b>REVENUE</b>                    |                 |
| Donations                         | 9562            |
| Fundraising                       | 10,584          |
| Fees Collected                    | 2,093           |
|                                   | <hr/>           |
|                                   | 22,239          |
| <b>EXPENSES</b>                   |                 |
| Salary & Benefits                 | 8,468           |
| Administration                    | 3,826           |
| Equipment                         | 93              |
| Building                          | 6,200           |
| Insurance                         | 1,600           |
| Promotion & Fundraising           | 3,312           |
|                                   | <hr/>           |
|                                   | 23,406          |
| <b>REVENUE OVER EXPENSES</b>      | (1,167)         |
| <b>BALANCE, beginning of year</b> | <hr/> 1,747     |
| <b>BALANCE, year to date</b>      | <hr/> <hr/> 580 |

## Staff Update



**Gini Thompson**, Office Manager/Program Assistant, has been a huge blessing to Ishaawin since joining the staff in June of 2012. At the present time with the lack of

volunteers she does just about everything. Monday through Friday from 1:30 – 4:30 she keeps the centre functioning, performing the receptionist duties, doing intakes for new clients, clerical duties, program planning and administration and even taking care of cleaning and maintenance issues. A new direction for her in recent months has been counselling a client. She enjoys this "people connection." In the fall Gini began a new venture of faith by raising financial support to fund her position. She has been stretched and encouraged in her faith as she has trusted

God and witnessed him provide.

**Liz Beardy** has extended her leave of absence by taking a sabbatical in order to continue as primary caregiver for her aged parents whom she has been living with. Her father is finished his chemo treatments and her mother's health has stabilized but they still require 24/7 care.. This has been a challenging season in her life and she would covet your continued prayers.

**Bonita Ledua**, Associate Counsellor, has picked up some of Liz's clients while Liz is away. She continues to pursue her MA in Marriage and Family Counselling



(Briercrest Seminary) and has recently completed her required number of counselling hours. In June she will be cutting back her counselling time at Ishaawin to focus on her summer responsibilities as Director at Eagles Cove Ministry Centre. Her ministry dream is to use Eagles Cove as a centre for family therapy retreats.

**Christina Long** has continued to serve as an Associate Counsellor providing counselling services on Wednesdays. She is also appreciated for volunteering additional time and energy in giving professional advice on matters at Ishaawin. Among her other personal involvements she continues to work towards completing her MA in Counselling Psychology (Yorkville University). We are certainly privileged to receive her services and grateful for her.

